Health Topics A-Z

Check out our disease prevention topics and tools to help you and your family stay healthy. Use the Health Topics A-Z to find the latest information that you are looking for:

Diseases

- Kidney Disease
- Diabetes

Health Information

- Diagnostic Test Information

Food & Recipes

Choose from among the Food & Recipe topics below. The recipes are our family recipes along with other recipes that look (and taste!) delicious.

Appetizer

- Banana “Sushi” (from Family Fun April 2015)
- Biscuit Crust Pizza
- Broiled Stuffed Pepper Wedges
- Chai Tea Latte (like Starbucks)

- Classic Almond Chocolate Biscotti
- Crab Rangoon Dip
- Cream Cheese with Green Onions and Chives
- Creamy Guacamole
- Creamy Horseradish Dill Dip
- Easy Baked Jalapeno Poppers

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Bread

- Almond Chestnut Biscotti
- Awesome Basic Bread Recipe
- Banana Bread
- Banana Bread-Perfected Recipe for Our Family
- Banana Chocolate Chip & Walnut Muffins
- Banana Pineapple Bread
- Banana Quick Bread (untried)
- Basic Sweet Roll Dough
- Best Baking Powder Biscuits
- Best Ever Blueberry Muffins (Tammy’s Recipes)

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Breakfast

- Apple Brownies (Courtesy Tammy’s Recipes)-Revised for Us
- Apple Ladder Loaf
- Apple Spice Syrup
- Best Baking Powder Biscuits
- Best Ever Blueberry Muffins
- Best Ever Blueberry Muffins (Tammy’s Recipes)
- Best Waffle Batter
- Blackberry Coffee Cake
- Blueberry Orange Julius
- Blueberry Rhubarb Crisp

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Cookies

- Almond Chestnut Biscotti
- Apple Brownies
- Basic Sugar Cookie Dough
- Chewy Oatmeal Chocolate Chip Granola Bars
- Chocolate Chip Mandelbrot
- Chocolate Chip Mandelbrot
- Chocolate No-Bake Cookies
- Chocolate No-Bake Cookies
- Chocolate Peanut Butter Squares
- Classic Almond Chocolate Biscotti

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Dessert

- “Easier Than Apple Pie” (From McCormick & Co.)
- Apple Brownies
- Apple Brownies (Courtesy Tammy’s Recipes)-Revised for Us
- Apple Ladder Loaf
- Banana Bread
- Banana Bread-Perfected Recipe for Our Family
- Banana Chocolate Chip & Walnut Muffins
- Banana Quick Bread (untried)
- Basic Cheesecake
- Basic Sweet Roll Dough

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Healthy

- Banana “Sushi” (from Family Fun April 2015)
- Cauliflower Carrot Herb Mash (Whole 30)
- Cilantro Chicken with Avocado Salsa

- Cilantro Chicken with Avocado Salsa
- Cooked Pinto Beans
- Creamy Guacamole
- Creamy Spaghetti Squash Casserole
- Double Oat Breakfast Cookies (Untried) Potentially healthy with changes
- Easy Refried Beans
- Fish Tacos

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Lunch

- Biscuit Crust Pizza
- Cha-Cha Chicken Salad
- Cheesy Whole Wheat Vegetable Calzones
- Chicken Ceasar Wraps
- Chickpeas, Grape Tomatoes & Feta Cheese Salad
- Creamy Dijon Grilled Cheese Sandwiches
- Dilly Tuna Melts on Pita Bread
- Double Decker Tacos (Taco Bell copycat recipe)
- Easy BBQ Chicken Sandwiches (Oven or Slow Cooker)
- Egg Salad Sandwiches

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Main Entree

- “Carol’s Company Chicken” (Courtesy of Smith’s Country Cheese)-Revised for Us
- Au Gratin Potatoes, Ham & Broccoli Casserole
- Baked Cod with Lemon and Dill
- Baked Teriyaki Salmon
- Baked Teriyaki Salmon
- Balsamic Thyme Chicken
- BBQ Chicken Pizza (Like California Pizza Kitchen)
- BBQ Chicken Pizza (Like California Pizza Kitchen)
- Beef Chop Suey
- Beef Chop Suey

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Muffins

- Banana Chocolate Chip Muffins
- Banana Quick Bread (untried)
- Best Ever Blueberry Muffins
- Blueberry Shredded Wheat Muffins (untested, online source)
- Blueberry Streusel Muffins
- Cranberry Apple Muffins
- Cranberry Orange Muffins

- Cream-Filled Pumpkin Cupcakes
- Lemon Poppy Seed Muffins
- Lemon Poppy Seed Muffins

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Salads

- Amish Potato Salad from Cook’s Country
- Apple Harvest Chicken Salad (like Red Robin)
- Apple Harvest Chicken Salad (like Red Robin)
- Apple Harvest Chicken Salad (like Red Robin)
- Caesar Fish Salad
- Cauliflower and Broccoli Salad
- Cha-Cha Chicken Salad
- Chickpeas, Grape Tomatoes & Feta Cheese Salad
- Cobb Salad and Dressing
- Cobb Salad and Dressing

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Sauces/Dips

- “Carol’s Company Chicken” (Courtesy of Smith’s Country Cheese)-Revised for Us
- “Easier Than Apple Pie” (From McCormick & Co.)
- Alder Plank Grilled Potatoes

- Alicia’s Negative Calorie Soup Recipe
- Almond Chestnut Biscotti
- Almond Joy Hot Chocolate
- Amish Potato Salad from Cook’s Country
- Apple Brownies
- Apple Brownies (Courtesy Tammy’s Recipes)-Revised for Us
- Apple Harvest Chicken Salad (like Red Robin)

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Slow Cooker Main Entre

- Crockpot Pizza
- Easy BBQ Chicken Sandwiches (Oven or Slow Cooker)
- Hearty Beef and Lentil Chili
- Hearty Beef Stew (modified Martha Stewart recipe)
- Honey Garlic Chicken (direct from Stephanie at A Year of Slow Cooker Meals) Untested
- Slow-Cooked Herbed Beef and Potatoes
- Slow-Cooked Pepper Steak
- Sweet and Sour Meatballs

Soups/Stews

- Alicia’s Negative Calorie Soup Recipe

- Beef and Barley Soup
- Broccoli & Cheddar Cheese Soup
- Broccoli-Potato Soup w/ Greens
- Chicken Barley Soup
- Chili
- Cream of Asparagus Soup
- Cream of Asparagus Soup (Courtesy of Mapleline Farm)
- Crusty Home-Style Bread Bowls
- Easy Lentil Soup

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Starchy Side Dish

- Alder Plank Grilled Potatoes
- Best Baking Powder Biscuits
- Butter & Herbed Gnocchi
- Creamy Mac N Cheese
- Creamy Macaroni and Cheese
- Easy Grilled Salmon with Lemon
- Grilled Scalloped Potatoes
- Mom’s Potato Salad
- Potato Cake
- Potato Gratin with Horseradish

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Uses Maple Syrup

- Apple Brownies (Courtesy Tammy’s Recipes)-Revised for Us
- Balsamic Maple Brussels Sprouts and Cauliflower
- Cranberry Oatmeal Blender Pancakes
- Fasting Bread, Black Beans & Rice, Ash Wednesday
- Glazed Winter Squash
- Granola (adapted for our family from Tammy’s Recipes)
- Homemade Belgian Waffles
- Korean Teriyaki Chicken w/ Maple Syrup
- Maple & Walnut Pie
- Maple Glazed Walnuts

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Snacks

- Almond Joy Hot Chocolate
- Apple Brownies
- Apple Ladder Loaf
- Banana Pineapple Bread
- Blueberry Cheesecake Bars
- Blueberry Orange Julius
- Broiled Stuffed Pepper Wedges
- Butter Tarts
- Caramel Apple Pie
- Caramel Pecan Cheesecake

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Click Here for a listing of All Recipes

Note: Most of the recipes are from our family archive and other sources but a few of the recipes are from a former site called Tammy's Recipes which was at TammysRecipes.com. The site is no longer available but she had the best tasting recipes so I wanted to include them here for people that might be looking for them.

Office Talk Dictionary

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Introduction

If you walked off the street and into an office for the first time you'd probably be utterly confused by some of the language that you would hear. Not only is it more formal than casual conversation and contains business specific jargon, but it contains words and phrases that you would here nowhere else besides an office.

Consider the following conversation that could take place in any home:

Husband:
I think we need a new TV.

Wife: I don’t think we can afford one.

Husband: I think if we eat out a few less times we could.

Wife: OK, that’s makes sense.

Now let’s convert that to an office conversation:

Employee #1: I’ve written up a proposal based on the need for a new digital content display.

Employee #2: I don’t know that we can support that in the current fiscal year.

Employee #1: My analysis shows that we would have the ROI but I’m not sure about the resources to implement the project. I’ll work through channels to see if we can actualize on this.

Employee #2: Are you sure you have the bandwidth to make this happen?

Employee #1: Sure, I just hope there aren’t any red flags that turn out to be show stoppers.

This talk can be confusing to anyone not in an office on a daily basis and so this dictionary of office talk or office speak was created for people who are new to the office environment. It contains over 500 words and phrases that you will hear in an office setting and almost never hear outside of the office with that meaning.

A word of caution – many, if not all, of these words are disliked when they are used too often. Some are just annoying in their own

right. Your best bet is to just use them sparingly. You can spread them out occasionally and you'll sound like an up and coming business professional. Use them too often and you'll start to sound like someone who doesn't know what they are doing and people will start questioning everything that you do.

My suggestion is to use this guide to understand what it is that others are trying to convey to you. After a while you'll start to spot the folks that just like to scatter their speak with buzzwords just for the sake of doing do and those that know what they are doing.

Here are my top 10 tips for using this dictionary

1. Start small – Try a word out. If it feels right, go with it. If it feels awkward, try again.
2. Use them sparingly – Don't use too many at once .
3. Make sure you know the context! – Some words or phrases need to be used in context. Look at the example sentences to understand the context a little better.
4. Don't go up against an expert – If someone is a professional buzzword user, it's best to not try and out "business talk" them. They already know that they are superior. You can't win.
5. Know your industry – Some of these words are used in Information Technology shops. Others in Financial shops. Try to keep terms relevant.
6. Be a listener – Listen to how people are talking. You might be the quiet one at first but you're taking it all in.
7. Know your position – If you're talking to someone who is above you, try and use positive actional words (like that's even a word!)
8. Be yourself – Like I said in tip 1, don't try to use or

say words that don’t reflect you.

9. Be Flexible – This dictionary is a snap shot in time. Some new words may come into parlance and some may go out of style. Using a cutting edge word (see how I did that?) can reveal to someone if you are on the bleeding edge or old fashioned.
10. Don’t carry this around – You’ll automatically looks like someone who doesn’t know what they are doing!

Office speak or jargon is a relatively new phenomenon but it’s become the way people talk in professional settings. You won’t hear it outside of a business setting. While there have always been words that are coined to suit the technology and times that it comes be, it wasn’t until the 80s that things started to shift. Personnel departments became “Human Resources” and terms started shifting reflecting the increased use of computers. E.g. Bandwidth.

By the 90s the phenomenon became so popular that words were entering popular vernacular and cartoons like Dilbert© were making fun of it. Despite attempts to slow the tide, the speak became the norm and it is with us whether we like it or not.

This dictionary attempts to chronicle the most popular words in Office Speak but does not include every word.

ABCDEFGHIJKLMNOPQRSTUVWXYZ

Factbook